CSM Tyrone Eugene Benham Jr was born October 21, 1969 in Salem, Indiana. He grew up in Paoli, Indiana and resides there today. CSM Benham graduated from Kaplan University in 2014 with a Bachelor of Science in Business Administration.

CSM Benham completed Infantry OSUT at FT Benning, Georgia in November of 1989 and was assigned as a rifleman to A Co. 2-153rd Infantry Battalion, Arkansas Army National Guard at Piggott, Arkansas. In January 1990, he transferred to C Co. 1-151st Infantry Battalion, Indiana Army National Guard at Salem, Indiana as an assist Machine Gunner. In 1998 he transferred to the 1-138th Regional Training Institute (RTI) as an Instructor/writer at the rank of SSG. In June 2004, CSM Benham deployed with 76th Infantry Brigade to Afghanistan as part of Embedded Training Team FWD3. Upon return from deployment, CSM Benham returned to 1-138th RTI and was assigned as the 11B MOSQ Course Manager. In August 2006, CSM Benham transferred to C Co. 1-151st Infantry Battalion as a Platoon Sergeant. In 2007 the 151st Infantry Battalion was reflagged as the 1-152nd Cavalry Squadron. In 2008, CSM Benham deployed to Iraq as a Platoon Sergeant with C TRP 1-152nd Cavalry Squadron 76th Infantry Brigade Combat Team (IBCT). C TRP 1-152nd Cavalry was assigned to Al Asad, Iraq and performed combat escort missions throughout Iraq. After the completion of the deployment, CSM Benham was assigned as the First Sergeant to B TRP 1-152nd Cavalry Squadron. In 2011, CSM Benham was assigned as the Operations Sergeant Major to 1-152nd Cavalry Squadron, In March 2013, CSM Benham completed the United States Army Sergeants Major Academy graduating from class 38. In November 2013, CSM Benham was assigned as the Command Sergeant Major of 1-152nd Cavalry Squadron, In October 2016 CSM Benham was assigned as the 81TC Operations Sergeant Major, In October 2017 CSM Benham was assigned as the 19th CERFP SGM and in October 2018 CSM Benham was assigned as the Garrison CSM for Camp Atterbury.

CSM Benham's military education includes Infantry OSUT (1989), Primary Leadership Development Course (1993), Basic Noncommissioned Officers Course (1997), Small Group Instructor Training Course (1997), Tactical Certification Course (1999), Advanced Noncommissioned Officers Course (2001), Range Safety Level II Course (2005), TAC Qualifications Course (2005), Range Operations Course (2006), Combative Level I (2006), Summer Military Mountaineer (2006), Inter Service Non-Lethal Weapons Instructor Training Course (2007), Battle Staff (2007), First Sergeants Course (2009), Winter Military Mountaineer (2011), Light Leaders Course (2011), Fiscal Law (2013), United States Army Sergeants Major Academy (2013) and Brigade Pre Command Course (2019).

CSM Benham's awards and decorations include the Bronze Star, Purple Heart, Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal (1 OLC), Army Achievement Medal (2 OLC), Army Good Conduct Medal, Army Reserve Components Achievement Medal (2 OLC), National Defense (Bronze Star), Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Armed forces Reserve Medal with Silver Hourglass and "M" device, Noncommissioned Officer Professional Development Ribbon (Numeral 4), Army Service Ribbon, Army Reserve Component Overseas Training Ribbon, Indiana Distinguished Service Medal, Indiana Commendation Medal, Indiana Long Service Ribbon with 20 year disk, Indiana Oconus Ribbon, Indiana Military Volunteer Emblem, Combat Infantry Badge, Drivers Badge.

CSM Benham resides in Paoli, Indiana with his wife Becky and daughter Makayla. His daughter Nicole and son Dustin live in Paoli Indiana and son Justin lives in Crawfordsville, Indiana.